



THE NAMES FAMILY FOUNDATION GYMNASIUM



	JUL 28TH MON	JUL 29TH TUE	JUL 30TH WED	JUL 31ST THU	AUG 1ST FRI	AUG 2ND SAT	AUG 3RD SUN
8AM	CLOSED FOR SKYHAWKS VOLLEYBALL CAMP 9-12PM						
9AM							
10AM							
11AM							CLOSED FOR RENTAL 10-12PM
12PM	DROP-IN* BASKETBALL 12-2PM		DROP-IN* BASKETBALL 12-2PM		DROP-IN* BASKETBALL 12-2PM		HALF OPEN
1PM							
2PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM 2-5PM	16&UNDER OPEN GYM W/ VOLLEYBALL 2-5PM	16&UNDER OPEN GYM 2-5PM		FAMILY & BEGINNER PICKLEBALL 1:30-4:30PM
3PM							
4PM							
5PM							
6PM		DROP-IN* PICKLEBALL 5:30-8:30PM					
7PM				DROP-IN* VOLLEYBALL 6:00-8:30PM	CLOSED FOR RENTAL 6:30-8:30PM		
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE TOM & MEG NAMES FAMILY FOUNDATION MULTI-PURPOSE ROOM



	JUL 28TH MON	JUL 29TH TUE	JUL 30TH WED	JUL 31ST THU	AUG 1ST FRI	AUG 2ND SAT	AUG 3RD SUN
8AM							
9AM	GENTLE YOGA 9-10AM	DROP-IN PING-PONG 8:30-10:30AM	GENTLE YOGA 9-10AM	YOGA FUSION 9-10AM	GENTLE YOGA 9-10AM		
10AM							
11AM	CHAIR YOGA 10:30-11:30AM		CHAIR YOGA 10:30-11:30AM				
12PM							
1PM							
2PM							
3PM							
4PM							
5PM			DROP IN PING PONG 3-7PM				
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



THE NAMES FAMILY FOUNDATION FITNESS ROOM



	JUL 28TH MON	JUL 29TH TUE	JUL 30TH WED	JUL 31ST THU	AUG 1ST FRI	AUG 2ND SAT	AUG 3RD SUN
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

BARRE
10:30-11:30AM

BRIDGE
3:30-5:30PM

BARRE
6-7PM

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM



GATHERING SPACE



	JUL 28TH MON	JUL 29TH TUE	JUL 30TH WED	JUL 31ST THU	AUG 1ST FRI	AUG 2ND SAT	AUG 3RD SUN
8AM							
9AM	SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		SENIOR MORNINGS 9-11AM		
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM		DROP-IN KNITTING 5-7PM					
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM

YOUTH ROOM

	JUL 28TH MON	JUL 29TH TUE	JUL 30TH WED	JUL 31ST THU	AUG 1ST FRI	AUG 2ND SAT	AUG 3RD SUN
8AM	SNAPOLOGY 8:30AM-4:30PM						
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

FREE COMMUNITY PROGRAM

INSTRUCTOR PROGRAM

FEE BASED PROGRAM